

# Feelings and Truth Poem

By Andor S. Mate

# CONCEPT

The poem "Feel Your Feelings, Tell Your Truth" is a powerful and honest reflection on the challenges of managing one's emotions. It speaks to the complexity of our inner world and the constant shifting of emotions that can feel overwhelming at times.

It tries to capture the complexities of life and the range of emotions that we experience, even when we strive for balance and peace. It is a reminder that even in times of happiness and contentment, we can still feel the weight of our past experiences and the pain that lingers within us.

The contrast between feelings of harmony and despair is palpable, as is the struggle with anger and the toll it takes on the mind and body. The reference to feeling numb suggests a kind of detachment, but ultimately the poem suggests that facing the truth and embracing life's ups and downs is what gives us strength.

The words convey a sense of resilience and determination, even in the face of hardship. It is a message that many can relate to, and one that inspires us to keep pushing forward, even when we feel weak or overwhelmed.

The poem is a poignant reflection on the human experience and the power of emotion to shape our lives.

**"I found I could say things with color and shapes that I couldn't say any other way... things I had no words for." — Georgia O'Keeffe**

# POEM VERSE

## FEEL YOUR FEELINGS, TELL YOUR TRUTH

By Andor S. Mate

TO TELL THE TRUTH ABOUT MY  
EMOTIONS, IT'S VERY DIFFICULT.  
I FEEL SO UNBALANCED.

I FEEL THE POSITIVE AND NEGATIVE.  
THE GOOD AND THE BAD. I FEEL THE HARMONY.

SOMETIMES I FEEL HAPPY AND AT PEACE.

AT OTHER TIMES I FEEL SAD AND BLUE.

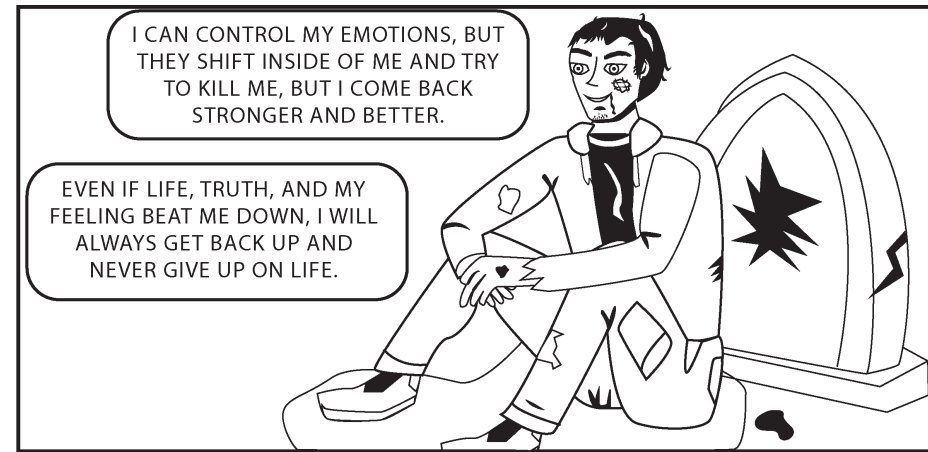
OCCASIONALLY, I CAN FEEL ANGRY, AND/OR STRESSED.

THE TRUTH IS ABOUT ME...

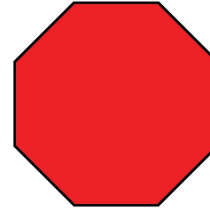
I CAN CONTROL MY EMOTIONS, BUT THEY SHIFT INSIDE OF ME AND TRY TO KILL ME,  
BUT I COME BACK STRONGER AND BETTER.

EVEN IF LIFE, TRUTH, AND MY FEELING BEAT ME DOWN, I WILL ALWAYS GET BACK UP AND NEVER  
GIVE UP ON LIFE.

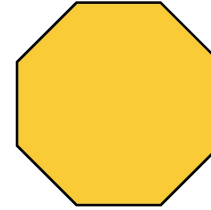
# FEEL YOUR FEELINGS, TELL YOUR TRUTH



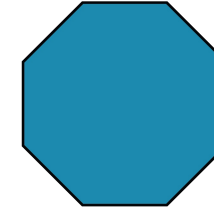
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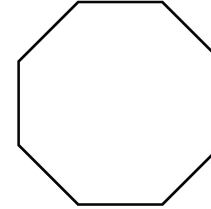
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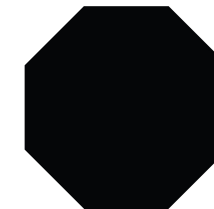
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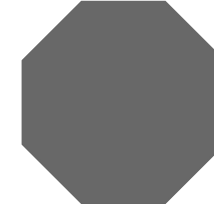
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# COLOR PALETTE

# BRAINSTORM

